

Oven-Fried Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper fresh black
- 2 cups corn flakes/bran flakes with a rolling pin or in a food processor or coffee grinder crushed
- 2 teaspoons basil dried
- 2 teaspoons thyme dried
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt
- 2 teaspoons oregano dried
- 2 cups yogurt plain
- 6 chicken breast boneless skinless

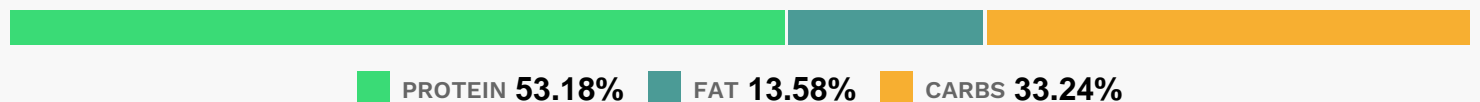
Equipment

- bowl
- baking sheet
- oven
- ziploc bags

Directions

- Preheat the oven to 375°F.
- In a large plastic bag, combine the thyme, oregano, basil, garlic powder, salt and pepper. Shake well.
- Add two breasts at a time to the bag and shake to coat the chicken. Continue until all the breasts are coated.
- Place the yogurt in a large bowl, and the cereal on a large plate. Dip each breast in the yogurt and then in the cereal.
- Place the chicken breasts on a baking sheet sprayed with nonstick cooking spray.
- Bake for 35 to 45 minutes, until the chicken is brown and cooked through. Do not cover or turn the chicken during the baking process.
- When the chicken is completely cooked, remove the baking sheet from the oven and let cool ten minutes before serving.
- Per serving: 227 calories, 32 grams protein, 4 grams fat, 194 mg sodium
- Neo Soul
- From Neo Soul by Lindsey Williams, Penguin Group

Nutrition Facts



Properties

Glycemic Index:19.04, Glycemic Load:6.12, Inflammation Score:-9, Nutrition Score:24.111304780711%

Nutrients (% of daily need)

Calories: 226.73kcal (11.34%), Fat: 3.45g (5.31%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 15.76g (5.73%), Sugar: 8.82g (9.8%), Cholesterol: 73.95mg (24.65%), Sodium: 1042.46mg (45.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.78%), Vitamin B3: 14.19mg (70.97%), Selenium: 46.43µg (66.33%), Vitamin B6: 1.15mg (57.4%), Phosphorus: 433.15mg (43.31%), Manganese: 0.69mg (34.29%), Vitamin B2: 0.5mg (29.54%), Iron: 5.31mg (29.5%), Folate: 107.36µg (26.84%), Vitamin B12: 1.39µg (23.18%), Vitamin B5: 2.28mg (22.75%), Potassium: 738.25mg (21.09%), Magnesium: 82.26mg (20.57%), Calcium: 202.67mg (20.27%), Vitamin B1: 0.29mg (19.54%), Vitamin K: 17.25µg (16.42%), Zinc: 2.22mg (14.78%), Fiber: 3.23g (12.92%), Vitamin A: 403.08IU (8.06%), Copper: 0.14mg (6.92%), Vitamin D: 0.55µg (3.69%), Vitamin E: 0.51mg (3.42%), Vitamin C: 2.29mg (2.77%)